

**旋 The Gourmet Restaurant**  
 Open Everyday  
**Lunch Buffet \$7<sup>50</sup>**  
**Dinner Buffet \$11<sup>50</sup>**  
 Take out & Delivery Available  
 408 MAIN STREET, PORT COLBORNE 905-834-6683

**Nyon detailed**  
 Concerns and controversy.  
 Pages 6-7

**Skates for Kids**  
 IceDogs help out  
 Pages 10-11

**Free parking?**  
 Two-hour unenforced pitch made.  
 Page 18

**Peace of 1812**  
 How the churches contributed  
 Page 16

**PUPP'S**  
 195 Maple Ave.  
 at Prince Charles Drive,  
 Welland

# INPORTNEWS

SERVING PORT COLBORNE • WAINFLEET • SHERKSTON • LOWBANKS • ISSUE NO. 25 VOLUME 16

For news updated daily see [www.inportnews.ca](http://www.inportnews.ca)

## ■ HEALTH CARE

### Mayors choose Hwy. 140 as hospital site

JEFF BOLICHOWSKI  
 QMI Agency Niagara

**THOROLD** — Niagara's southern mayors have decided where they want a new hospital to be built.

And one of the preferred sites is on Welland's east side, at the top of Hwy. 140.

Regional Chair Gary Burroughs announced on Thursday, June 14 at regional council that the mayors have shortlisted two sites for a new hospital recommended by provincially appointed Niagara Health System supervisor Kevin Smith. Hwy. 140 and East Main St. in Welland is one of the preferred sites.

The mayors are also eyeing Lyons Creek Rd. at the QEW in Niagara Falls. Smith had given the mayors a June 15 deadline to come up with a unanimous decision.

see **HEALTH CARE** | page 2



BERND FRANKE Staff Photo

Sarah Airdhart, from left, junior female sportsperson; Jazmin Kikkert-Labeau, junior female; Sarah Hissler, senior female; Blue Bear Award; Stephen Toppe, senior male; Jacob Roy, junior male; and Justin Romanyk, senior male sportsperson; were among the top award winners Tuesday night at Port High's athletic banquet.

## ■ ATHLETICS

### Bull market for Bears

BERND FRANKE  
 InPort News Staff

**PORT COLBORNE** — This year's Port High athletic banquet was about the appetizer as much as it was about the main course.

While the Tuesday, June 12 event in the school cafeteria was highlighted by the presentation of school and team awards to student athletes who made an impact during the 2011-12 season, the immediate future was also foreshadowed, much to the delight of the coaches at the high school.

Basketball should be big next year thanks to a junior/girl team that dominated the competition on the way to capturing the Zone 3 and Southern Ontario Secondary Schools Association championships. The players, whom head coach Scott Grover called the "best junior team in Ontario," will be returning with more experience and the goal of adding to that remarkable resume.

see **ATHLETICS** | page 2

[www.HometownRealEstateGuy.com](http://www.HometownRealEstateGuy.com)  
**Michael Smith**  
 SALES REPRESENTATIVE  
 Michael now offers FREE on site storage and moving services to his valued clients. Subject to availability.  
**ROYAL LEPAGE**  
 Ph: 905.834.9000

**OPEN HOUSE SUN. 12-2:00 PM**  
**221 KINLOD ST., \$141,800**  
 Cozy 3 bed bungalow in great north West PC neighbourhood... just steps from oakwood school w/ a spacious & bright main floor family room w/ gas fireplace and new 6 pc bath plus lovely 3 season sunroom & separate laundry. Spacious 1.50 car garage w/ bonus storage space.

**OPEN HOUSE SUN. 2:00 - 4 PM**  
**109 HAMPTON AVE., \$189,900**  
 More in ready clearing! 3 bed brick bungalow in prime site port neighbourhood, gleaming original wood floors, newer oak eat in kitchen, updated bath, newer steel family room with 2 pc bath, full fenced pool shed back yard, updated central air and furnace, quick possession possible!

**OPEN HOUSE SUN. 1-4 PM**  
**838 FIELDSIDE AVE., \$289,900**  
 Make a splash this summer with this new home for swimming! Features two 4 and 6 inch hot tubs with landscaping and landscaping, new vinyl siding, brand new granite and stainless steel kitchen, new floor tile, new kitchen and new family room with gas fireplace, new 6 pc bath, new 3000 sq ft full basement including full finished lower level & separate room 4th bath and full new kitchen. New floor tile in both, office and laundry. Open concept kitchen.

**OPEN HOUSE SUN. 12-2:00 PM**  
**10346 LAKESHIRE DR., \$649,900**  
 A top floor split level townhouse in a beautiful area of paradise! This wonderful apartment town has been beautifully updated & moved into beautiful new home. Features from the best living areas and large family room with gas fireplace. Hardwood floors w/ you walk out to waterfront dock. Lower level holds 2nd bathroom, 2nd room, office and 3rd bath with walk out to back yard.

If you're a successful approach to buying or selling your biggest investment is what you are looking for, give Michael a call to discuss your real estate

## ■ HEALTH CARE

# Ministry of Health to review decision

FROM PAGE 1

"Although we are unanimous in our selection of a preferred area, this is merely a recommendation," cautioned Burroughs.

He said the decision still has to go through the Ministry of Health on whether a new hospital is even built to serve Niagara's southern tier.

Such a move would see the closure of hospitals in Welland, Port Colborne, Port Erie and Niagara Falls, according to Smith's recommendations released in recent report about the delivery of NHS services.

The recommendations are conditional, though, on urgent care centres staying open in Port Colborne and Port Erie.

Burroughs said the mayors have met with him five times since Smith made his recommendations.

He said Niagara Region staff weighed in with information on the matter.

Everything from population density to emergency call volumes and drive times was factored into the decision, Burroughs said.

See more in Saturday's Tribune

## ■ ATHLETICS

FROM PAGE 1

Track and field coaches likewise can't wait for Iarmin Kikkert-Labeau, who won a silver medal as a junior in discus at the Ontario championships, to be back on the team in her first year at the senior level. Kikkert-Labeau, who was also one of the Blue Bears' go-to girls on the title-winning basketball squad, is considered a legitimate two-sport threat as she also qualified to compete at the Ontario Federation of School Athletic Associations (OFSAA) championships in the javelin.

Coach Dave Adamek suggested that it not been for a Toronto competitor's "once-in-a-lifetime throw" of 39 metres in the final, Kikkert-Labeau would have returned home with the gold medal.

"Nine out of 10 years, that's going to win OFSAA," Adamek said of Kikkert-Labeau's final throw of 37.85 metres.

**"Even if they're not successful in the win column, they're successful because they represent themselves and the school well."**

Andrew Longley

**Not only are they good athletes who represented the school well, they also showed sportsmanship and fair play."**

Andrew Longley

Kikkert-Labeau, who achieved four personal bests at the three-day competition that wrapped up Saturday in Brantford, was one of three Port High athletes competing at OFSAA. Lucas Mann-Clattenburg placed fifth in discus, with only his first foot fault of the year preventing him from finishing in the money, and Ilyssa Boisenoue, who finished sixth in the discus.

Port High failed to advance to the baseball playoffs, losing a tie-breaker for the final berth, but the Blue Bears did win a consolation prize on the diamond by beating cross-town rival Lakeshore Catholic for the third time in four years.

"Personal best" was a theme that was repeated throughout the evening as coaches selected most valuable players and the key contributors who went home with Coaches Award for fair play and sportsmanship.

Andrew Longley, who is completing his first year as head of the athletic department since coming to Port High from West Park, said success isn't

just measured in the "win column."

"Even if they're not successful in the win column, they're successful because they represent themselves and the school well."

He was proud of this year's student athletes.

"Not only are they good athletes who represented the school well, they also showed sportsmanship and fair play."

Teacher Barclay Walker, coach of the senior girls' basketball team, praised his players for their commitment to the team.

"It's not an easy thing to do, to juggle all these aspects of your life," he said of the need to balance academics with athletics and, for some, part-time jobs.

Longley likewise was impressed by the commitment made by the handful of students who came out and stayed for the entire senior boys basketball season.

"We only had seven players at the end, but they are probably the seven most dedicated players I've ever seen."

bernd.franke@sunmedia.ca

## ATHLETIC ACHIEVEMENT

Following are the school and team awards presented Tuesday night at Port Colborne High School's annual athletic banquet:

### ATHLETES OF THE YEAR

**Senior male:** Stephen Toepp

**Senior female:** Sarah Hissler

**Junior male:** Jacob Roy

**Junior female:** Jazmin Kikkert-Labeau

**Senior sportsperson, male:** Justin Romanyk

**Senior sportsperson, female:** Samantha Redmond

**Junior sportsperson, male:** Russell James

**Junior sportsperson, female:** Sarah Airhart

**Blue Bear Award:** Sarah Hissler

### TEAM AWARDS

**Badminton:** Mary Meleg, Justin Romanyk, most valuable players

**Baseball, boys:** Corey Coers, most valuable player; David Shutz, Coaches Award

**Basketball, boys:** Chris Roome, Brandon Terdik, most valuable players

**Basketball, girls:** entire team, most valuable players

**Basketball, senior boys:** Stephen Toepp, most valuable player; Kylie Wittmaier, Coaches Award

**Basketball, senior girls:** Kate Williams, most valuable player; Sara Forbes, Sarah Hissler, Coaches Award

**Cross-country:** Daniel Burke, Shannon Weaver, most valuable

**Football:** Corey Coers, most valuable player; Justin Romanyk, Coaches Award

**Hockey, boys:** Owen Bellehumeur, most valuable player; Jonathan Dick, Coaches Award

**Rowing:** Riley Beaudin, oarsman of the year; Noah DeRoy, Coaches Award

**Sit-slit, girls:** Samantha Redmond, most valuable player; Alicia Madere, Coaches Award

**Soccer, boys:** Ian McKinnon, most valuable player; Trevor Stewart, Coaches Award

**Soccer, girls:** Sarah Hissler, most valuable player; Christie Boych and Coaches Award

**Track and field:** Jazmin Kikkert-Labeau, Lucas Mann-Clattenburg, most valuable

**Volleyball, junior boys:** Padraic Birell, Ethan Vanden Boogaard, Coaches Award

**Volleyball, junior girls:** Emily Lindsay, most valuable player; Olivia Car, Coaches Award

**Volleyball, senior girls:** Chantay Riedie, most valuable player; Colleen Matthews, Coaches Award

**SPECTACULAR TREES AND SHRUBS**

**SHOP NOW**  
for the pick of the crop!

Come and enjoy the experience of choosing the perfect tree or shrub... amongst the thousands!

• JAPANESE MAPLES\*

**20% OFF**

**\$6.99**

• 1 GAL PYRAMID EMERALD CEDARS AND 1 GAL GLOBE CEDARS\*

• 1 GAL DWARF ALBERTA SPRUCE\*

**\$9.99**

**PLUS many more in store specials!**

\* While supplies last

**Buy in BULK! BIG SAVINGS**

**PREMIUM FULLY TRAINED SOIL \$40.00**

**RED CEDAR MULCHES \$48.00**

**PAUL'S**

**Garden Centre**  
And Gift Store

**Premium products, great service, fair prices...always!**

## ■ OPTIMISTS' DAY IN THE PARK



Children raced to be first to the finish during the sack races at H.H. Knoll Lakeview Park on Saturday as part of the eighth annual Optimists' Day in the Park. PHOTOGRAPHS BY JOE CSEH inPort News



An American Bald Eagle from Skyhunters Birds of Prey was a featured attraction at the Day in the Park.



Jesse Adams from Niagara Antique Power Association gives a ride to Emma Worral of Welland, her sister Maya and Matthew Robyn of Port Colborne.



Participants toss balloons as part of the eighth annual Optimists' Day in the Park.



A Great Horned Owl that turned 20 years old this weekend from Skyhunters Birds of Prey.

# IMPORT NEWS

Published by InPort News

Sun Media Corp.

228 East Main Street, Welland, Ontario, L3B 5P5

Tel: 905-732-2414 Fax: 905-732-3660

import.news@sunmedia.ca

Ken Koyama, publisher, general manager  
Dave Johnson, Import News senior reporter

**SUN MEDIA**  
A Quebecor Media Company

## ourview

# We need a ban on bans

While we applaud Vice's plans to abolish back-door gun registries in provinces across the country, it seems one politician still doesn't get it.

In the wake of the Eaton Centre shooting, Toronto councillor Adam Vaughan has proposed a total ban on all guns and bullets within city limits. This is wrong for many reasons.

Guns are already regulated. Many are illegal, and those that aren't all come with some regulations, including licence requirements.

Vaughan's proposed "ban" on guns and bullets will do nothing to stop violent street crime. It's a cynical political move intended to be seen to be doing something rather than actually making a difference.

Canada wasn't forged with the same fighting spirit that the United States was. That's one of the reasons we don't have similarly worded Second Amendment rights. Unfortunately, we don't view government with the same wariness as Americans do.

But it's not unreasonable for gun owners -- and non-owners -- to wonder aloud why big government and politicians and nanny state enthusiasts are so interested in exploiting a public catastrophe and using it as a straw man argument. Why do they so desperately want to take guns out of the hands of law-abiding citizens? Because this is just one more example of politicians not understanding the point of the lawmaking process. They think they've been put into office to tell us how to live our lives and to subject us to their personal opinions. They don't understand that laws are supposed to be crafted with a view to maximizing liberties.

Most people in Toronto need firearms? Probably not. But they don't need plastic bags either. New Yorkers don't need to drink sodas larger than 16 ounces, to reference a law their mayor wants to enact. Most of the things we have and do are not necessities. But what business is it for the government to decide that for us? It's up to us. Not arrogant liberty grinchers like Vaughan.

We've got just one question for politicians across Canada who yearn for back door registries and outright bans: After you're done busy-bussing yourself using our money and liberties to enact silly bans, do you think you might have enough time left to go after the real criminals?

## ■ COLUMN

# Personal joy in coming home

**H**ave you ever heard the saying, "You can't cross the same river twice?"

What this means is that even the simplest place or person changes over a period of time.

This past June I returned home to Port Colborne after my nine month tourist life that allowed me to live abroad in Italy explored. My days of coin tossing into the Trevi Fountain and licking melting gelato off of my fingers are now over.

On the one hand, I was sad to leave beautiful Rome and say goodbye to the friends I'd made in the past year, but on the other, I was happy to return home.

A lot of people were perplexed at my feelings about coming home, because as a very close friend of mine put it, "How do you go from Rome, which was once considered the centre of the entire universe, to Port Colborne?"

No matter where a person comes from, home is home. Although Port Colborne may not have the hottest bar scene or even a bowling alley, it's where I learned how to ride a bike, the city in which my parents reside, and the place that I am most familiar with in the world.

After spending a year away, I have



**Michelle Pressé**  
CANADIAN GIRL,  
ITALIAN LIVING

done some observation and have concluded that, indeed, one cannot cross the same river twice, for that river now has a wellness centre and a bald eagle's nest looming close by. But besides that, the river doesn't appear to have changed too much.

And that is a compliment, for who doesn't enjoy being in a city full of smiling faces and the option of dining at three Tim Hortons? It's hard to complain about that, especially while they are still serving their irresistible cheese bagels (something that Italy lacks, but makes up for in pizza).

All in all, the city of Port Colborne is not what I had undergone any major changes. But I find myself walking around the city with a new spark of curiosity, for no matter how little a city changes, its people always do. I see familiar faces and shopkeepers, and wonder what changes their lives have undergone since I last passed them last on the streets in September.

After a year in Rome, I have not grown tired of its glamour, history, and magic that attracts millions of tourists to see it all in its glory, and I left learning more than I ever thought was possible. I now stand a full inch taller, a few words of vocabulary of Italian, and have a greater appreciation for the power of doing something that scares you.

One thing that's also changed for me is my appreciation for home. The people, scenery and stories that are found in this city cannot be found in any other.

Living in Europe at the ripe age of 18 has been the experience of a lifetime, and I hope to return back to bella Italia one day whether it be for pleasure, work, or perhaps to spend yet another year living and settling there. What I have left to tell you now is that Italy was a grand chapter of my life, and with every ending comes a new beginning.

I would like to conclude my Canadian Girl, Italian Living series by giving you all a final piece of advice -- not only in Rome should one do as the Romans do, but elsewhere. Because trust me -- those people really know how to live.

See Michelle's new column -- *Small Town Girl, Big Ideas* -- in next week's *InPort*

## ■ COLUMN

# How bad can the environment get?

**T**he forthcoming United Nations Conference on Sustainable Development in Rio de Janeiro (Rio-20) on June 20 to June 22 has brought out the usual warnings of environmental doom.

They have been greeted with the indifference: after all, there are seven billion of us now, and we're all still eating. What could possibly go wrong?

The UN Environment Program and its five-yearly Global Environmental Outlook (GEO-5) saying that significant progress has been made on only four of ninety environmental goals that were adopted at the Rio Earth Summit in 1992. "If current patterns of production and consumption of natural resources prevail," warned UNEP head Achim Steiner, "then governments will preside over unprecedented levels of damage and



**Gwynne Dyer**  
AROUND THE WORLD

degradation." Yawn.

Meanwhile, a team of respected scientists warn that life on Earth may be on the way to an irreversible "tipping point." Sure. Heard that one before, too.

Recently one of the world's two leading scientific journals, *Nature*, published a paper, "Approaching a state shift in Earth's biosphere," pointing out that more than 40% of the Earth's land is already used for human needs. With the human population set to grow by a further two billion by 2050, that figure could soon exceed 50%.

It really will be a new world, biologically, at that point," said the

More than 40% of the Earth's land is already used for human needs. With the human population set to grow by a further two billion by 2050, that figure could soon exceed 50%."

paper's lead author, Prof. Anthony Barnosky of the University of California, Berkeley. But Barnosky doesn't go into the details of what kind of new world it might be. Scientists hardly ever do in public, for fear of being seen as panic-mongers. Besides, it's a relatively new hypothesis, but it's a pretty convincing one, and it should be more widely understood. Here's how bad it could get.

see DYER | page 5

**GENERAL NOTICE:** The contents of this newspaper are protected by copyright and may be used only for personal, non-commercial purposes. All other rights are reserved and commercial use is prohibited. To make any use of this material you must first obtain the permission of the owner of the copyright.

For further information, contact Dave Johnson.

**LETTERS TO THE EDITOR:** Copyright in letters and other material submitted to the publisher and accepted for publication remains with the author, but the publisher and its licensees may freely reproduce them in print, electronic or other form.



■ DYER

# Mass extinction looming?

FROM PAGE 4

The scientific consensus is that we are still on track for 3 degrees C of warming (5 degrees F) by 2100, but that's just warming caused by human greenhouse-gas emissions. The problem is that plus-3 degrees is well past the point where the major feedbacks kick in: natural phenomena triggered by our warming, like melting permafrost and the loss of Arctic sea-ice cover, that will add to the heating and that we cannot turn off.

The trigger is actually around 2 degrees C (3.5 degrees F) higher average global temperature. After that we lose control of the process: ending our own carbon-dioxide emissions would no longer be enough to stop the warming. We may end up trapped on an escalator heading up to plus-6 degrees C (plus-10.5

degrees F), with no way of getting off. And plus-6 degrees C gives you the mass extinction.

There have been five mass extinctions in the past 500 million years, when 50 percent or more of the species then existing on the Earth vanished, but until recently the only people taking any interest in this were paleontologists, not climate scientists. They did wonder what had caused the extinctions, but the best answer they could come up was "climate change." It wasn't a very good answer.

Why would a warmer or colder planet kill off all those species? The warming was caused by massive volcanic eruptions dumping huge quantities of carbon dioxide in the atmosphere for tens of thousands of years. But it was very gradual and the

animals and plants had plenty of time to migrate to climatic zones that suited them. (That's exactly what happened more recently in the Ice Age, as the glaciers repeatedly covered whole continents and then retreated again.)

There had to be a more convincing kill mechanism than that, and the paleontologists found one when they discovered that a giant asteroid struck the planet 65 million years ago, just at the time when the dinosaurs died out in the most recent of the great extinctions. So they went

looking for evidence of huge asteroid strikes at the time of the other extinction events. They found none.

What they discovered was that there was indeed major warming at the time of all the other extinctions – and that the warming had radically changed the oceans. The currents that carry oxygen-rich cold water down to the depths shifted so that they were bringing down oxygen-poor warm water instead, and gradually the depths of the oceans became anoxic: the deep waters no longer had any oxygen.

When that happens, the sulfur bacteria that normally live in the silt (because oxygen is poison to them) come out of hiding and begin to multiply. Eventually they rise all the way to the surface of the whole ocean, killing all the oxygen-breathing life.

The ocean also starts emitting enormous amounts of lethal hydrogen sulfide gas that destroy the ozone layer and directly poison land-dwelling species. This has happened many times in the Earth's history.

Don't let it worry you. We'll all be safely dead long before it could happen again; the earliest possible date for a mass extinction, assuming that the theory is right and that we continue down our present track with emissions, would be well into the next century.

The only problem is that things like this tend to become inevitable long before they actually happen. Tick, tick.

Gwynne Dyer is a London-based independent journalist whose articles are published in 45 countries.

## We Provide Options at Great Prices

**GOOD** **BEST** **BETTER**

**Save up to 30%**

**Choose the Best Option!**  
**Call for a FREE Quote Today!**



David Barrick

**WHITES'**  
INSURANCE BROKERS  
905-834-3228



Sandy White

45 Clarence St. W. Port Colborne • [www.vergeinsurance.com](http://www.vergeinsurance.com)  
Auto • Home • Business • Marine • Life • Bonds

## MURDOCH'S

Celebrating 53 Years as Tire & Mechanical Experts

### SAVE \$40 ON A SET OF 4

ONLY ON A PURCHASE OF 4 HERCULES TIRES



P175/70R13  
Reg. \$69

**Special \$236**  
ON 4

P185/65R14  
Reg. \$74

**Special \$256**  
ON 4

P195/65R15  
Reg. \$94

**Special \$296**  
ON 4

P205/55R16  
Reg. \$104

**Special \$376**  
ON 4

FREE INSTALLATION, VALVE & BALANCING

HERCULES MRX IV 80,000 KM RATING • 440 TREADWEAR

SAVE MONEY WITH IMPROVED GAS MILEAGE AND TREAD WEAR  
**4 • NITROGEN FILLING SPECIAL \$29.95**

Alignment	Safety Checks	Brake Job	Lube, Oil, Filter
<b>\$49.00</b>	<b>\$59.00</b>	<b>\$99.00</b>	<b>\$29.95</b>
With a 4 tire purchase Most vehicles	Most vehicles	From includes labour & parts	From parts & labour

Sale Expires: June 30th, 2012



**Murdoch's** ONE STOP TIRE & AUTOMOTIVE  
• PROFESSIONALS FOR 53 YEARS •

285 Killaly Street W., Port Colborne **835-8832** [www.murdochstire.com](http://www.murdochstire.com)





■ **ENERGY PARK:** Agreement addresses property values

# Tank farm proposal draws neighbours' concerns

MARYANNE FIRTH  
InPort News Staff

**PORT COLBORNE** — Concerned neighbours of a proposed Port Colborne energy park development came looking for answers from Nyon Oil Inc. on June 13.

There were plenty of questions fielded from the city council chambers gathering following a presentation made to elected officials by the company's representative, MMM Group Ltd.

The presentation outlined plans and reviewed various studies conducted thus far for the project.

Several issues were raised by residents who feel they'll be affected if construction moves forward. Noise and traffic issues, as well as impacts on property values, came into question.

Questions also arose of what Nyon would give back to the community if allowed to build in Port Colborne.

While efforts will be made to mitigate any noise concerns, a recently conducted study determined sound levels, including those produced by pumps, trains, trucks and ships the energy park requires, meet day and night sound-level limits set by the Ministry of Environment, said MMM senior planner Kristy Shortall.

As for traffic, impacts will depend on the access route the development is able to use. The developer's preferred access is off Hwy. 140, Shortall said. If access is granted from Hwy. 140, the highway and surrounding intersections will "operate at acceptable levels until 2024" with only minor modifications required.

During the meeting, Nyon sought support from councillors for use of Hwy. 140 as an access point, though approval from the Ministry of Transportation is still required. As it would impact fewer residents, council agreed to support the motion.

Councillors were assured by Cecil Vincent, Port Colborne's manager of strategic projects and corporate strategic initiatives, that supporting the motion does not obligate them to support the application for the development when it

comes forward.

Alternative access routes being looked at include Forkes Rd., Concession Rd. 2 and Concession Rd. 3. If an alternative route must be used, studies will be conducted before the development is finalized.

If improvements are required on one of the alternative access routes, the city would expect to work with the developer to "share the costs appropriately," Vincent said.

As for the benefits the development would bring to Port Colborne, Vincent said in addition to taxes paid by the business and jobs created in the community, a revenue-sharing agreement was negotiated when the land was sold.

The agreement "is extensive," said Mayor Valerie Badawey, not going into any further detail.

Nyon president Gordon Baker said he favours hiring local and plans to do just that if the energy park moves forward. He also plans to take advantage of the local

supply chain that's available.

The city is working with developers to create a property protection agreement to address any negative impacts the energy park may cause to neighbouring property owners, Vincent said.

Though nothing has been solidified, the agreement will likely see assessments made by certified appraisers who will determine how much homes in the area would be worth if not for the nearby industry, said Tom Richardson, the city's lawyer.

The effect, if any, the development will have on property values has yet to be determined. If a home is sold for less

than its appraised value, Nyon will likely be expected to cover the difference, Richardson said. The agreement will also have to provide for situations where a home cannot be sold due to the proximity of industry.

After referencing in the presentation tank farms found near residential neighbourhoods in other municipalities, one resident questioned which came first, the homes or the tanks.

"In some cases it was the homes, in others it was the tanks," Shortall responded.

Ward 4 Coun. Barbara Butters asked whether consultants had looked into the

number of complaints received about tank farms in communities that exist near residential properties.

Project manager Diana Santo, of MMM, said they had not, but it's a factor they will look into going forward.

Butters also questioned whether insurance companies could be contacted to determine whether house insurance of neighbouring homes would be affected should the development move forward.

Nyon's representatives plan to be back in council chambers in early 2013 to seek council's support on the project prior to an Ontario Municipal Board hearing scheduled for April.



**SAY GOODBYE TO...  
Your Unwanted Hair With  
LASER HAIR REMOVAL**  
3 Treatments For Only **\$99<sup>+HST</sup>**

Choose one from the following:

- Upper Lip
- Chin
- Cheeks
- Bikini Line
- Neck
- Underarms

Reg Price \$70 • \$100 per treatment

**Hair Removal Treatment for the  
TOP of Feet and Toes included  
FREE with each \$99 package**



Director of Aesthetic Services  
Celebrating over 20,000 procedures

**LASIK**  
**provision**  
LASER  
TECHNOLOGIES  
NIAGARA FALLS

lasikprovision.com 6800 Morrison St.

**905.371.3217 or 1.888.510.2020**



**STREET FESTIVAL  
DOWNTOWN Fonthill**  
**SATURDAY JULY 21  
10 AM TO MIDNIGHT**

Music on the Pelham Street Main Stage  
til Midnight, Active Zone, Kids Zone,  
Art in the Park, Summerfest Beer  
Pavilion, Street Eats, Buskers,  
Vendor sales and displays.

**FREE ADMISSION TO ALL EVENTS**

**Platinum**

**Gold Sponsors**

**Silver Sponsors**

**Media Partners**



**THIS YEAR THERE IS MORE!**

**THURSDAY • 4 PM TO 10 PM  
THE OPENER**

**FRIDAY • 4 PM TO 10 PM  
NIAGARA NIGHTS OF ART  
- PELHAM EDITION,**

**SUNDAY • 10 AM TO 2 PM  
COMMUNITY DAY**

For a complete list of events visit:  
[www.PelhamSummerfest.ca](http://www.PelhamSummerfest.ca)



See all the news unfolding 24/7  
Your Canadian news just a click away

VISIT **canoe.ca**

© Canadian Media Inc.



**no frills**  
lower food prices

**WON'T BE  
BEAT®**

If you find a  
cheaper price,  
simply show  
us and  
we will match.

See Store For Details

**June 22<sup>nd</sup> - June 28<sup>th</sup>, 2012**



**FRESH RASPBERRIES**

Product of U.S.A.  
No. 1 Grade

**\$1** Package  
6 oz./170 g

**LOCAL HEAD OF LETTUCE  
OR ROMAINE**

PRODUCT OF CANADA  
CANADA No. 1 grade

**89¢** EA.

**Brent & Jenny's** | 53 West Side Rd.  
**NoFrills** | Port Colborne

## ■ PERMISSIVE GRANTS: Sharing \$20,000 pot

# Port hydro energizes community groups

InPort News Staff

**PORT COLBORNE** — Port Colborne Hydro Inc. opened its wallet to the community, providing \$20,000 in permissive grants to various organizations.

The grants, handed out twice a year, are monies received by Port Colborne Hydro through dividends from Canadian Niagara Power. Groups submitted proposals for funding.

The Royal Canadian Air Cadets 75th Lynton Davies Squadron in Port Colborne received \$1,500 to assist with the purchase of a flight simulator; Boys and Girls Club of Niagara received \$1,000 for its Kid Zone and Teen Zone programs, which operate out of Port Colborne; French Golden Age Club received \$3,000 to update its kitchen equipment; Navy League of Canada received \$2,900 to update officer and cadet uniforms.

Also, Showboat Festival Theatre received \$500 to assist in bringing

professional productions to the lakeside city; Port Colborne Concert Band received \$2,750 for its concert series that begins the first Thursday in July at H.H. Knoll Lakeview Park; Women's Place of South Niagara received \$250 to assist women and children who have escaped domestic violence; Niagara Antique Power Association received \$1,000 to assist with roof repairs on three of its historic buildings; Port Cares received \$3,500 for its Reaching Out and Changing Lives capital campaign; Port Colborne Feline Initiative received \$1,000 for its Trap-Neuter-Vaccinate-Return (TNVR) program; and Port Colborne Minor Baseball Association received \$2,600 to purchase a storage shed to hold equipment.



**GET EMAIL  
ALERTS**

[www.wellandtribune.ca](http://www.wellandtribune.ca)



**Tender Cuts**  
Neighbourhood Butcher Shop

Made "Fresh" Daily  
BEEF SAULT & PEPPER SAUSAGE or  
BEEF MELOMORON & SWISS SAUSAGE

**\$3.53/lb.**

Store Made - Everyday Low Price  
**CABBAGE ROLLS**

**\$1.25/ea.**

Fresh Ontario Veal  
PLAIN or BREADED VEAL  
CUTLETS

**\$6.42/lb.**

Made From Canada "AAM" Beef  
**STEAK KABOBS**

**\$4.67/lb.**

Fresh Ontario Pork  
**SPARE RIBS**

**\$1.97/lb.**

Made Fresh Daily  
**PORK BREAKFAST  
SAUSAGE**

**\$2.44/lb.**



Vic Janki Strain  
Fattig, C. Olinery  
Operations  
Proud to offer individual  
Customer Satisfaction!

From our Freezer  
Store Made  
**HAMBURGERS**

**\$17.99**  
• Cheddar Bacon  
• Cheddar Onion  
• 100% Pure Beef  
• Portobello Mushroom  
• House Style

572 King Street, Port Colborne  
[www.tendercuts.ca](http://www.tendercuts.ca)

OPEN 7  
DAYS 9-6

289-836-7904



■ **FARMING:** Largest egg producer hatched in Wainfleet

# One egg-cellent expansion

**BOB LIDDYCOAT**  
For InPort News

**WAINFLEET** — The largest operation of its kind in Canada now resides in Wainfleet, ever since the owners of Chaudhary Poultry Farm decided to invest in a major expansion.

The egg-producing farm on Abbey Rd. was acquired by Akhtar Chaudhary in 1980.

Under the management of his son, Imran, the operation completed a huge leap in stature on Saturday, June 9 with a ribbon cutting ceremony to mark its growth. The farm will be fully functional within two weeks.

Imran Chaudhary said the farm housed 21,000 chickens when his dad took over in 1980.

"With this expansion we can now house over 112,000 birds," he added.

"We have acquired the biggest and best technology in this field from Germany and Holland."

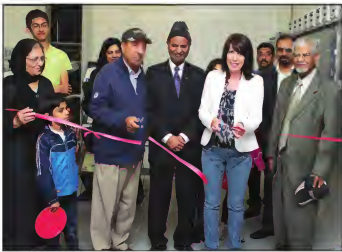
An expanded mobile packing operation employs more than 40 local workers.

Local builders, such as Harthill Contracting, were employed during the construction phase.

He said the Wainfleet operation houses the most birds allowed but while providing them with more space than mandated by the government.

From the farm, eggs go to Burnbrae Farms, which is responsible for grading and distributing them.

"We've been here 32 years serving and doing the best we can for the community," said the younger Chaudhary "and we hope to be here for at least 32 more."



Supplied photo

Mayor April Jeffs and Chaudhary Farms founder Akhtar Chaudhary (left, ball cap) each wield scissors as they cut the ribbon to launch the re-opening the newly renovated, state of the art chicken farm in Wainfleet. They are surrounded by family, friends and clergy who blessed the opening.

## Finding it Hard to Breathe?

It happens to a lot of people this time of year... as the heat and humidity rise the air becomes thicker and thicker making it difficult to breathe. Even minor breathing problems seem to be affected by the humidity.

Total Lung Therapy is a powerful therapeutic and healing formula for anyone with chronic lung ailments (eg. asthma, smokers etc.) and it is ideal for everyone looking for improved respiratory health.

Here's how it works... your lungs bring fresh oxygen into your body and remove carbon dioxide and other waste gases that your body doesn't need. As you inhale, mucous membranes in your mouth and nose warm and moisten the air, and trap particles of foreign matter (such as dust and pollution). The air then passes into your windpipe (trachea) then into your lungs, where it divides into the left and right branches (bronchi) and it divides again and again, becoming narrower each



time. The smallest airways end with thin air sacs arranged in clusters like bunches of balloons. When you breathe in the "balloons" expand. When you breathe out, the "balloons" relax and air moves out.

Oxygen is then picked up by the blood and carried to the rest of the body. Carbon dioxide passes into the air sacs from the blood and is breathed out.

Total Lung Therapy helps to expel mucous from deep within the respiratory system. It also soothes and heals the tissue and it protects and strengthens your respiratory system. It's ideal for people who suffer from breathing problems, especially when the air is hot and humid and when air pollution is a problem.

For more information about Total Lung Therapy, visit Rosemary's Natural Choices

90 caps

**Sale... \$34.99**

Sale ends July 10<sup>th</sup>



**PLUS get a FREE cup of coffee too!** Drop by Rosemary's Natural Choices and enjoy a cup of organic, fair trade coffee. Our treat! Joe, Brenda, Dalton and Susan have been keeping Wellanders healthy for over 17 years. Good health, natural remedies, great people and free coffee. It doesn't get a



95 Lincoln Street (St. Charles Plaza)  
1 Block South of Pupos in Welland  
Phone (905) 714-0586  
[www.rosemarysnaturalchoices.com](http://www.rosemarysnaturalchoices.com)

Information is provided for reference only. For specific health issues consult your local natural health practitioner.

# CHRISTOPHER'S PIZZA

*Wings*

## 834-5000

94 Killaly St. West, Port Colborne

# Despite recent heat St. Therese kids say skating can't be beat

**VICTORIA GRAY**  
InPort News Staff

**POR** COLBORNE — John Richardson outgrew his ice skates a few years ago, but he really wants to skate again

and play hockey with his friends.

PenFinancial Credit Union's Program Skates for Kids, and The Niagara IceDogs, plan to help make that happen.

"I really want to skate with

the 'Dogs," John said. "It's going to be so cool."

The Grade 7 St. Therese Catholic Elementary School student whooped and holed along with 230 other students as Josh Juhke, pro-

gram co-ordinator of Skates for Kids and a PenFinancial Credit Union employee, announced at an assembly Monday morning that the school had been chosen to participate in the Skates for

Kids program next year. "We don't have a branch in Port Colborne so (amassing the ice skates) might be difficult, but the principal is excellent and we're setting up community drop-off-points," Juhke said.

"I think it will be a breeze though and hopefully we'll be able to make more commu-

nity partners in Port Colborne and set up other programs as the years go on."

Skates for Kids collects gently used ice skates and helmets for elementary schools with a high percentage of families living on or below the poverty line.

see **COMMUNITY** | page 11

## 19<sup>th</sup> Annual **BASS DERBY** Saturday, June 23<sup>th</sup>, 2012

**Food & Door Prizes**  
included

**\$30** per ticket

**First Prize \$500**

Sponsored by

**QUEENS HOTEL**  
19 Nickel St., Port Colborne  
**905-834-7349**

**Warm Up Party • Friday June 22<sup>nd</sup>**  
• 6pm - 10pm •

**PICK UP YOUR SOUVENIR & RULES**

**Little Caesars**  
**HOT-N-READY**  
**PIZZA**



*Only* **5.00**  
**CHEESE & PEPPERONI**  
**OR CHEESE PIZZA**

**MEDIUM**  
**PEPPERONI, CANADIAN**  
**PIZZA**

**AND WINGS FOR**

**\$15**

**Sundays and Mondays Only**

**OPEN 7 DAYS A WEEK**

**WITH DRIVE THRU**

**905-835-7765**  
Next to  
**TIM HORTON'S**



**PORT COLBORNE MALL**

\* Valid only at the Port Colborne location

**Lighthouse RV Resort**  
**A FAMILY RV RESORT**  
**FEATURING SEASONAL SITES**

*presents an*  
**OPEN HOUSE**

**Friday, June 22 • 9 am - 5 pm**  
**Saturday, June 23 • 9 am - 5 pm**  
**Sunday, June 24 • 10 am - 5 pm**

**Features huge, lakeview lots nestled among mature shade trees on the Lake Erie shore line, Featuring:**

- Swimming Pool • CSA approved playground • Modern clean washrooms • Large fully serviced lots • Horse shoes
- Shuffle board • Bright comfortable club house • Mature trees • Close to Grocery store • Marina & boat rentals minutes away
- Great fishing spot • Easy to get to, 90 minutes from Hamilton, 45 minutes to Buffalo and Niagara Falls.

**Package Combination Park Model 2013 Nomad Joey 376 Trailer with pressure treated deck, shed and 2013 fees starting at only**

**\$127.00** bi-weekly O.A.C.

Park Model by Breckenridge, Cherokee, Nomad, Country Ridge, Springdale, Northlander  
All Park Models Sold and Serviced by Niagara Trailers.

**1980 North Shore Drive,**  
**Lowbanks, ON N0A 1K0**  
**905-701-7836**  
**TOLL FREE 1. 866-701-7836**

**HOW TO GET THERE:** Hwy 3 to Dunnville. At Dunnville follow North Shore Drive East through Sherridon and East 2 km past Rock Point Provincial Park to Lighthouse.

Come see what camping is all about now!

[www.lighthousevresort.com](http://www.lighthousevresort.com)



■ **COMMUNITY:** Skates for Kids program comes to Port Colborne

VICTORIA GRAY Staff Photo

Bones and Niagara IceDogs community relations co-ordinator Brianne Whitty help PenFinancial Credit Union announce to St. Therese Catholic Elementary school students they will receive ice skates in September. The school is the first in Port Colborne to become part of the Skates for Kids program.

## Giving kids a chance for fun

FROM PAGE 10

"We tend focus on the bare necessities and we overlook the fun, great parts of life," Juhlike said of the importance of the credit union program. "We want to give the kids a chance to have some fun."

Every student will also receive tickets to a Niagara IceDogs exhibition game in September and skate with the 'Dogs players in October.

Principal Bonnie Tkac-Feetham said it just made sense for her school to apply for the program because the new Vale Health and Wellness Centre is within walking distance from the school.

"Physical activity is really important and the city offers family free skates fairly often, so hopefully this encourages them to be active," she said.

victoria.gray@sunmedia.ca

Non-stop entertainment 24/7

Celebrity gossip and more just a click away

VISIT [canoe.ca](http://canoe.ca)

© 2012 Canoe Media Group Inc.

## Smile.

## A better mortgage rate with all the



s and



s

## Imagine that.

# 2.85%<sup>\*</sup> 5-year rate

Get all the details — and everything you want from your mortgage.  
Visit a branch or [Meridianmortgage.ca](http://Meridianmortgage.ca)



Your money. Your way. Imagine that.

\*APR. O.A.C. Sample rate only. This is the rate for a variable, closed mortgage with a term of 5 years. Rates are subject to change without notice. Some conditions apply. Interest is calculated semi-annually, not in advance. Visit us at [meridianmortgage.ca](http://meridianmortgage.ca) to learn more.

## BUILD IT AGAIN RON

WE BUY & SELL NEW & USED BUILDING SUPPLIES

NEW! JUST ARRIVED!

### KITCHENS AND VANITIES



8' x 10' KITCHEN SPECIAL \$1399

Oak \$1399 Wide Style Shaker ... \$1940  
Ginger Maple ... \$1680 Brandy White ... \$1217.75  
Pineapple Maple ... \$1770 Cherry ... \$2352

### HUGE SELECTION OF VANITIES



WHITE VINYL SLIDERS

Double Glazed c/w Sinks

22.5 x 22.5 ... \$105.80 30 x 30 ... \$122.30  
31.5 x 15.5 ... \$105.80 36 x 30 ... \$121.75  
31.5 x 15.5 ... \$105.80 38 x 30 ... \$144.66  
31.5 x 25.5 ... \$118.83 42 x 36 ... \$155.15  
30 x 48 ... \$178.68 35.5 x 19.5 ... \$122.30 48 x 30 ... \$155.15  
30 x 54 ... \$182.25 25.5 x 25.5 ... \$122.30 48 x 36 ... \$178.13  
38 x 48 ... \$191.53 29.5 x 25.5 ... \$122.30 48 x 42 ... \$191.53  
38 x 54 ... \$222.89 43.5 x 25.5 ... \$138.00 48 x 48 ... \$214.84  
White granite top ALL SIZES IN STOCK 50 x 36 ... \$199.00

Open Sunday 91-53 Mile St. 905-734-7555 Mon-Fri 9-6 Sun 10-4

## VANITIES

24" - 30" - 36" - 48" - 60"

Complete with granite tops

Assembled

Types starting at \$175

starting at \$75

DOOR-IN-SIDE \$13.99

FROM \$13.99

GLASS & STAIN

DOOR GLAZED 1/2" & 3/4" DEPT

30 x 30 ... \$15.50 36 x 30 ... \$15.50

38 x 30 ... \$15.50 42 x 36 ... \$15.50

48 x 30 ... \$15.50 48 x 36 ... \$15.50

48 x 42 ... \$15.50 48 x 48 ... \$15.50

48 x 54 ... \$15.50 48 x 60 ... \$15.50

48 x 72 ... \$15.50 48 x 84 ... \$15.50

48 x 96 ... \$15.50 48 x 108 ... \$15.50

48 x 120 ... \$15.50 48 x 132 ... \$15.50

48 x 144 ... \$15.50 48 x 156 ... \$15.50

48 x 168 ... \$15.50 48 x 180 ... \$15.50

48 x 192 ... \$15.50 48 x 204 ... \$15.50

48 x 216 ... \$15.50 48 x 228 ... \$15.50

48 x 240 ... \$15.50 48 x 252 ... \$15.50

48 x 264 ... \$15.50 48 x 276 ... \$15.50

48 x 288 ... \$15.50 48 x 300 ... \$15.50

48 x 312 ... \$15.50 48 x 324 ... \$15.50

48 x 336 ... \$15.50 48 x 348 ... \$15.50

48 x 360 ... \$15.50 48 x 372 ... \$15.50

48 x 384 ... \$15.50 48 x 396 ... \$15.50

48 x 408 ... \$15.50 48 x 420 ... \$15.50

48 x 432 ... \$15.50 48 x 444 ... \$15.50

48 x 456 ... \$15.50 48 x 468 ... \$15.50

48 x 480 ... \$15.50 48 x 492 ... \$15.50

48 x 504 ... \$15.50 48 x 516 ... \$15.50

48 x 528 ... \$15.50 48 x 540 ... \$15.50

48 x 552 ... \$15.50 48 x 564 ... \$15.50

48 x 576 ... \$15.50 48 x 588 ... \$15.50

48 x 600 ... \$15.50 48 x 612 ... \$15.50

48 x 624 ... \$15.50 48 x 636 ... \$15.50

48 x 648 ... \$15.50 48 x 660 ... \$15.50

48 x 672 ... \$15.50 48 x 684 ... \$15.50

48 x 696 ... \$15.50 48 x 708 ... \$15.50

48 x 720 ... \$15.50 48 x 732 ... \$15.50

48 x 744 ... \$15.50 48 x 756 ... \$15.50

48 x 768 ... \$15.50 48 x 780 ... \$15.50

48 x 792 ... \$15.50 48 x 804 ... \$15.50

48 x 816 ... \$15.50 48 x 828 ... \$15.50

48 x 840 ... \$15.50 48 x 852 ... \$15.50

48 x 864 ... \$15.50 48 x 876 ... \$15.50

48 x 888 ... \$15.50 48 x 900 ... \$15.50

48 x 912 ... \$15.50 48 x 924 ... \$15.50

48 x 936 ... \$15.50 48 x 948 ... \$15.50

48 x 960 ... \$15.50 48 x 972 ... \$15.50

48 x 984 ... \$15.50 48 x 996 ... \$15.50

48 x 1000 ... \$15.50

48 x 1012 ... \$15.50

48 x 1024 ... \$15.50

48 x 1036 ... \$15.50

48 x 1048 ... \$15.50

48 x 1060 ... \$15.50

48 x 1072 ... \$15.50

48 x 1084 ... \$15.50

48 x 1096 ... \$15.50

48 x 1108 ... \$15.50

48 x 1120 ... \$15.50

48 x 1132 ... \$15.50

48 x 1144 ... \$15.50

48 x 1156 ... \$15.50

48 x 1168 ... \$15.50

48 x 1180 ... \$15.50

48 x 1192 ... \$15.50

48 x 1204 ... \$15.50

48 x 1216 ... \$15.50

48 x 1228 ... \$15.50

48 x 1240 ... \$15.50

48 x 1252 ... \$15.50

48 x 1264 ... \$15.50

48 x 1276 ... \$15.50

48 x 1288 ... \$15.50

48 x 1300 ... \$15.50

48 x 1312 ... \$15.50

48 x 1324 ... \$15.50

48 x 1336 ... \$15.50

48 x 1348 ... \$15.50

48 x 1360 ... \$15.50

48 x 1372 ... \$15.50

48 x 1384 ... \$15.50

48 x 1396 ... \$15.50

48 x 1408 ... \$15.50

48 x 1420 ... \$15.50

48 x 1432 ... \$15.50

48 x 1444 ... \$15.50

48 x 1456 ... \$15.50

48 x 1468 ... \$15.50

48 x 1480 ... \$15.50

48 x 1492 ... \$15.50

48 x 1504 ... \$15.50

48 x 1516 ... \$15.50

48 x 1528 ... \$15.50

48 x 1540 ... \$15.50

48 x 1552 ... \$15.50

48 x 1564 ... \$15.50

48 x 1576 ... \$15.50

48 x 1588 ... \$15.50

48 x 1600 ... \$15.50

48 x 1612 ... \$15.50

48 x 1624 ... \$15.50

48 x 1636 ... \$15.50

48 x 1648 ... \$15.50

48 x 1660 ... \$15.50

48 x 1672 ... \$15.50

48 x 1684 ... \$15.50

48 x 1696 ... \$15.50

48 x 1708 ... \$15.50

48 x 1720 ... \$15.50

48 x 1732 ... \$15.50

48 x 1744 ... \$15.50

48 x 1756 ... \$15.50

48 x 1768 ... \$15.50

48 x 1780 ... \$15.50

48 x 1792 ... \$15.50

48 x 1804 ... \$15.50

48 x 1816 ... \$15.50

48 x 1828 ... \$15.50

48 x 1840 ... \$15.50

48 x 1852 ... \$15.50

48 x 1864 ... \$15.50

48 x 1876 ... \$15.50

48 x 1888 ... \$15.50

48 x 1900 ... \$15.50

48 x 1912 ... \$15.50

48 x 1924 ... \$15.50

48 x 1936 ... \$15.50

48 x 1948 ... \$15.50

48 x 1960 ... \$15.50

48 x 1972 ... \$15.50

48 x 1984 ... \$15.50

48 x 1996 ... \$15.50

48 x 2000 ... \$15.50

48 x 2012 ... \$15.50

48 x 2024 ... \$15.50

48 x 2036 ... \$15.50

48 x 2048 ... \$15.50

48 x 2060 ... \$15.50

48 x 2072 ... \$15.50

48 x 2084 ... \$15.50

48 x 2096 ... \$15.50

48 x 2108 ... \$15.50

48 x 2120 ... \$15.50

48 x 2132 ... \$15.50

48 x 2144 ... \$15.50

48 x 2156 ... \$15.50

48 x 2168 ... \$15.50

48 x 2180 ... \$15.50

48 x 2192 ... \$15.50

48 x 2204 ... \$15.50

48 x 2216 ... \$15.50

48 x 2228 ... \$15.50

48 x 2240 ... \$15.50

48 x 2252 ... \$15.50

48 x 2264 ... \$15.50

48 x 2276 ... \$15.50

48 x 2288 ... \$15.50

48 x 2300 ... \$15.50

48 x 2312 ... \$15.50

48 x 2324 ... \$15.50

48 x 2336 ... \$15.50

48 x 2348 ... \$15.50

48 x 2360 ... \$15.50

48 x 2372 ... \$15.50

48 x 2384 ... \$15.50

48 x 2396 ... \$15.50

48 x 2408 ... \$15.50

48 x 2420 ... \$15.50

## ■ EDUCATION: More time to comment on elementary dress code

# Catholic board more tolerant to tattoos

VICTORIA GRAY  
InPort News Staff

WELLAND — Catholic school dress codes next year won't be as strict as some students and parents had feared. Niagara Catholic District School Board passed a revised dress code for secondary schools Tuesday, June 12 at its final board meeting of the academic year.

"Staff, students and parents wanted a significant rewrite of the (proposed) elementary school dress code," education director John Crocco said in an interview Wednesday.

The policy committee decided the high school uniform policy would be in the committee of the whole and board and they would re-vet the elementary policy.

The board plans to give the

community until the beginning of October to comment of the issue online, over the phone or in person. See more at [www.niagaracatholic.ca](http://www.niagaracatholic.ca).

The secondary school dress code still calls for modesty, but will allow students to have nose studs and some visible tattoos. The policy states, "visible tattooing and branding which is inappropriate, excessive or is directed at an

individual, group, culture or which contains an offensive or inappropriate message, advertisement or slogan are prohibited."

"We were hearing students saying, 'I have a tattoo of a butterfly on my ankle, it's not hurting anyone,' or someone has a heart on their hand, those kinds of tattoos are permitted," Crocco said.

Sweaters or hoodie school

graphics won't be redesigned for three years, but the board added a standard school practice into the policy — sweaters or hoodie designs that are out of



Crocco

date will be allowed in schools. Uniform suppliers will now limit the number of accessories available to 10 and will also give discounts to families with two or more children or who spend \$100 on uniforms for their family, no matter what Catholic school they attend in the region.

victoria.gray@surmedia.ca  
Twitter: @JueyG

## M&M & You

MEAT SHOPS

Happy together

### BACON WRAPPED BEEF FILET MIGNONS

HAND-CUT BY MASTER BUTCHERS

Choose from 12 or 16 portions. Price per portion. \*Tax and delivery charges extra.

12 PORTIONS \$12.99 to Reg. Price \$15.99

15<sup>99</sup> MAX  
save \$5

Customer's choice

★★★★



**2 DAYS ONLY**

**FRIDAY JUNE 22 JUNE**

**SATURDAY JUNE 23 JUNE**

**INCREDIBLE SAVINGS!**

**13<sup>99</sup> MAX**

**Boneless Chicken Breasts Seasoned & Skinless**

**save \$6**

LIMIT 1 PER CUSTOMER

All prices in effect

**FRIDAY JUNE 22<sup>ND</sup> until THURSDAY JUNE 28<sup>TH</sup>, 2012**

unless otherwise stated.

**PORT COLBORNE**

249 Killaly St. West  
Corner of Steele St.  
[www.mmmeatshops.com](http://www.mmmeatshops.com)

### Sirloin Beef Burgers

MADE WITH SIRLOIN BEEF

\* A hint of garlic for a truly unique flavour

12 BURGERS  
12 x 113 g oz Reg. Price \$13.99

9<sup>99</sup> MAX  
save \$4



### Fully Cooked Sausages

JUST HEAT AND SERVE!

Incredible flavour from the grill

Choose from:

• Oktoberfest® • Mild Italian

NEW SIZE!  
16-1 PORTIONS  
800 g 1.98 lb Reg. Price \$10.99

8<sup>99</sup> MAX  
save \$2



### Breaded Chicken Breasts

FULLY COOKED

\* Made with all-white chicken breasts

Choose from:

• Original • Spicy • Crispy

8 PORTIONS  
807 g 2 lb Reg. Price \$14.99

12<sup>99</sup> MAX  
save \$2



### TOO TALL® Strawberry Shortcake

THAW & SERVE!

\* Fresh strawberry filling, real whipped cream, layered moist shortcake

1 kg 2 lb Reg. Price \$10.99

LOWEST PRICE OF THE SEASON!  
9<sup>99</sup> MAX  
save \$3



**EVERY TUESDAY IS SENIORS' DAY**

Receive 5% OFF your purchase if you're 60 or over.



Or Double your discount  
**RECEIVE 10% OFF**  
when you purchase more than \$30



## ■ ENVIRONMENT

# Board puts cork in bottled water buying

VICTORIA GRAY  
InPort News Staff

WELLAND — Disposable plastic water bottles will soon disappear from local Catholic schools.

Niagara Catholic District School Board trustees passed a policy at their board meeting Tuesday, June 12 that states the board will no

longer sell disposable water on its properties.

Schools have a year to install hydration stations or refit drinking fountains with taller spouts for filling bottles by September 2013.

"We believe and acknowledge there is universal access to potable water that is clean and safe and friendly to the environment," education

director John Crocco said in an interview.

"The water from the tap in Niagara is completely safe."

Many schools already have hydration stations, and many students and staff members have already switched to reusable water containers on their own.

Crocco said the initiative is another in a long list of envi-

**“We believe and acknowledge there is universal access to potable water that is clean and safe and friendly to the environment.”**

John Crocco

ronmentally conscious projects the board and individual schools have taken on.

Schools will make reusable bottles available to students,

but that does not mean students can't bring disposable bottles from home. Crocco said students would "certainly" be allowed to use

them, they just won't be sold on school property.

If a water advisory came into effect or municipal water sources are deemed unsafe for any reason, schools would be supplied bottled water until the advisory is lifted.

victoria.gray@sunmedia.ca  
Twitter: @VixeyG

**proudly Canadian**

# GIANT TIGER

WELLAND STORE ONLY! your save on everything store

we'll beat anyone!  
guaranteed within 30 days

**SUMMER SAVINGS EVENT!!!!**  
**THURSDAY JUNE 21st to SUNDAY JUNE 24th**  
**SHOP EARLY !!! WHILE QUANTITIES LAST!!!**

<div style="display: flex; align-items: center;"> <div style="margin-right: 10px;">   <b>1/2 PRICE!</b> </div> <div> <p><b>DOOR CRASHER!!</b></p> <p><b>FACIAL CLEANSING WIPES</b></p> <p style="font-size: 2em; color: red;"><b>\$1.48</b></p> <p><small>* 30 WIPES REGULAR \$2.97</small></p> </div> </div> <p><b>LIMIT 6</b></p>	<div style="display: flex; align-items: center;"> <div style="margin-right: 10px;">   <b>1/2 PRICE!</b> </div> <div> <p><b>DOOR CRASHER!!</b></p> <p><b>NESTLE LOADED ICE CREAM</b></p> <p style="font-size: 2em; color: red;"><b>\$2.98</b></p> <p><small>* COOKIE DOUGH WITH BROWNIE CHUNKS * DROD REGULAR \$5.97</small></p> </div> </div> <p><b>LIMIT 6 1 LITER</b></p>
<div style="display: flex; align-items: center;"> <div style="margin-right: 10px;">   <b>GREAT DEAL!</b> </div> <div> <p><b>LARGE CAMP CHAIR</b></p> <p style="font-size: 2em; color: red;"><b>\$9.00</b></p> <p><small>COMPARE AT \$14.99</small></p> </div> </div> <p><b>LIMIT 3</b></p>	<div style="display: flex; align-items: center;"> <div style="margin-right: 10px;">   <b>SAVE \$1.00!</b> </div> <div> <p><b>TROPICAL CHOICE / SUMMER DRINK MIXES</b></p> <p style="font-size: 2em; color: red;"><b>\$2.99</b></p> <p><small>MIX! SHAKE! FREEZE! SQUEEZE!</small></p> </div> </div> <p><b>LIMIT 6</b></p>
<div style="display: flex; align-items: center;"> <div style="margin-right: 10px;">   <b>1/2 PRICE!</b> </div> <div> <p><b>SOLAR COSTAL LANTERN</b></p> <p style="font-size: 2em; color: red;"><b>\$7.48</b></p> <p><small>* BROWN WASH METAL REGULAR \$14.97</small></p> </div> </div> <p><b>LIMIT 3</b></p>	<div style="display: flex; align-items: center;"> <div style="margin-right: 10px;">   <b>1/2 PRICE!</b> </div> <div> <p><b>MARKET VALUE WEINERS</b></p> <p style="font-size: 2em; color: red;"><b>94¢</b></p> <p><small>450 GRAM REGULAR \$1.88</small></p> </div> </div> <p><b>LIMIT 6</b></p>
<div style="display: flex; align-items: center;"> <div style="margin-right: 10px;">   <b>BLOW OUT!</b> </div> <div> <p><b>OUTDOOR WALL DECOR CLEARANCE</b></p> <p style="font-size: 2em; color: red;"><b>\$3.00</b></p> <p><small>* SUN * BUTTERFLIES * FROGS * TURTLES REGULAR UP TO \$8.97</small></p> </div> </div> <p><b>LIMIT 6</b></p>	<div style="display: flex; align-items: center;"> <div style="margin-right: 10px;">   <b>SAVE \$1.00!</b> </div> <div> <p><b>MV CLUMPING CAT LITTER</b></p> <p style="font-size: 2em; color: red;"><b>\$3.99</b></p> <p><small>* SCOOPABLE HUGE 7KG REGULAR \$4.99</small></p> </div> </div> <p><b>LIMIT 6</b></p>

**200 FITCH STREET WELLAND STORE ONLY!!!**

# Ask Our Pharmacists



LARRY BOGGIO  
R. Ph. B.Sc. Pharm. (oncall)

## GRAPEFRUIT AND MEDICATION

Grapefruit and grapefruit juice are an excellent source of many nutrients that contribute to a healthy diet. Grapefruit is a good source of vitamin C, fiber, and the pink and red hues contain the beneficial antioxidant lycopene, thought to have a role in preventing various diseases such as cancer and heart disease. Studies have shown that grapefruit helps lower cholesterol, and there is evidence that the seeds have antioxidant properties.

However, there are compounds in grapefruit called furanocoumarins that can interfere with the way your body metabolizes certain medications. This can lead to dangerously high levels of medication in the body and may increase the risk of rare but serious or life-threatening side effects such as slowed heart rate and muscle deterioration. For a few medications, it can lead to decreased effectiveness because these medications need to be metabolized in order to become active. Don't take these interactions lightly, as some can become potentially dangerous health problems.

Both grapefruit juice (either fresh or frozen) and the fruit itself can affect certain medications and the effects have been seen with as little as one 8-ounce (250 mL) glass of grapefruit juice. The effects of grapefruit juice on medications can last up to 3 days, so taking them at different times of day will not help. Naturally sweet orange juice has not been shown to affect medications the way grapefruit juice does, but tangels (which are related to grapefruit), lime juice, and Seville (sour) oranges may affect medications.

Many medications may be affected by grapefruit juice, including medications for:

Allergies	Fexofenadine (Allegra)
Anticoagulation	Dabigatran (Pradaxa)
Anxiety/Sleep	Bupropion (BuPar), Diazepam (Valium), Triazolam (Halcion), Alprazolam (Xanax), Clonazepam (Rivotril)
Arrhythmia	Amiodarone (Cordaron)
Blood Pressure	Amlodipine (Norvasc), Felodipine (Rendel), Plendil, Nifedipine (Adalat)
Cholesterol	Simvastatin (Zocor), lovastatin (Mevacor), atorvastatin (Lipitor)
Depression	Sertraline (Zoloft)
HIV	Saquinavir (Invirase, Fortovase), indinavir (Crixivan)
Seizures/Epilepsy	Carbamazepine (Tegretol, Masepine), Clonazepam (Rivotril)
Sexual Dysfunction	Sildenafil (Viagra), Tadalafil (Cialis)
Transplants/Autoimmune Diseases	Cyclosporine (Neoral, Sandimmune), tacrolimus (Prograf, Advagraf), sirolimus (Rapamune)

This is not a complete list: grapefruit juice may affect medications for conditions other than those listed here. Also, if you are taking any natural health products, check the labels to see if they contain grapefruit, tangelo, Seville orange, or lime juice. Avoid these fruits and juices until your doctor or pharmacist has told you it's safe to have them.

**BOGGIO H.D.A. PHARMACY**  
PORT COLBORNE  
200 Catherine St., Port Colborne, ON  
**905.834.3514**

[www.boggios.com](http://www.boggios.com)

## ■ CANAL DAYS

### Celtic sounds lined up in Port

VICTORIA GRAY  
InPort News Staff

PORT COLBORNE — A Celtic-themed celebration is in store for the 34th annual Canal Days Marine Heritage Festival. The city expects to welcome more than 300,000 visitors over the civic holiday weekend in August.

This year's Sunday market square entertainment begins at 1 p.m. with The Sheridan Band. The Irish-Canadian family gives it their all with high-energy traditional Celtic music that's sure to have the crowd stomping their feet.

The Seaside Sailors take the stage at 2:15 p.m. This Celtic folk rock band plays original tunes and covers favourites that tell stories everyone understands.

At 3:30 p.m. Liam and the Kitchen Party Band take to the stage, featuring 12-year-old fiddler Liam McGlashan of Hamilton.

The Dole Trinkets perform at 4:15 p.m. and will deliver Celtic grunge tunes. The band mixes slower traditional Celtic music with more fast-paced Celtic beats.

The market square will be closed after the show to allow everyone a chance to enjoy fireworks over the canal along West St.

## PORTAL VILLAGE Kilaly St. W. & Steele St PORT COLBORNE PLAZA

**It's Really Great  
to Hear Again!**



Free  
Independent  
Impartial  
Advice

**Hearing Aids**  
SALES & SERVICE

*Personalized Service*

Book your hearing  
Test Today!

**SMITH**  
OPTICAL AND HEARING  
**905-835-6607**  
482 Steele St. PORT COLBORNE



Let us help you with  
**A NEW LOOK!**

\*Frames from \$50  
\*Lens Specials  
\*Contact Lenses  
\*Sunglasses

*Personalized Service*

Licensed Optician

**SMITH OPTICAL**  
VISION & HEARING CARE  
482 STEELE ST. PORT COLBORNE  
**905-835-6607**



**EYE EXAMS**  
**OPTOMETRIST at**  
**Portal Village Plaza**  
**905-834-0532**  
482 STEELE ST. PORT COLBORNE

■ **WATER:** Shortage warnings

## Teen pitches Blue Communities

MARYANNE FIRTH  
InPort News Staff

PORT COLBORNE — Robyn Hamlyn wants to see Port Colborne feeling blue.

Now, she's not looking to dampen spirits, but rather heighten community awareness in the lakeside city about the world's water problem.

The 13-year-old Kingston resident has been making the rounds to municipal council chambers across Ontario, sharing a plan to fight what she calls an impending fresh water shortage and asking municipalities to join the growing list of Blue Communities — a project launched by the Council of Canadians.

Hamlyn is hoping Ontario councils will support the project by recognizing water as a human right; promoting publicly financed, owned and operated water and wastewater services; and banning the sale of bottled water in public facilities and at municipal events.

She's met with representatives from 16 municipalities thus far, with several agreeing to commit to one, two or all of her recommendations.

"I'm on a mission," Hamlyn told Port Colborne council confidently on Monday night.

Although she knows it will take time, she hopes to see municipal and eventually provincial and federal officials come on board with the plan.

"I'm asking you to help me save our world," said the well-spoken eighth-grader. "I can't do this without you."

Ward 2 Coun. Yvon Doucet, who sits on the city's environment committee, said he agrees with the Doucet and would like to see city council implement Hamlyn's recommendations.

Ward 1 Coun. Bill Steele raised concerns about banning bottled water at municipal events, particularly Canal Days Marine Heritage Festival.

Before agreeing to such a request, investigation would have to be done on how policies such as a ban and how to provide alternative options to replace the sale of bottled water, he said.

He asked that the resolutions be referred to staff, who could then appropriately word them to suit the city.

Ward 4 Coun. Barbara Butters questioned whether the recommendations could be phased in over a period of time to help ease any transition, particularly with the sale of bottled water.

The resolutions were passed in principle but were referred to staff to bring a report forward in July.

To learn more about the Blue Communities Project, visit [www.canadians.org/water/issues/blue\\_communities](http://www.canadians.org/water/issues/blue_communities).

maryanne.firth@sunmedia.ca  
Twitter: @mfirth13tubue



Robyn Hamlyn

## NOTICE OF PUBLIC OPEN HOUSE

# Proposed Community Improvement Plan Niagara's Gateway Economic Zone and Centre

**Purpose of the Open House**

The purpose of this Public Open House is to present the proposed draft Community Improvement Plan for Niagara's Gateway Economic Zone and Centre, and to receive comments and answer questions from the public regarding the proposal.

The **Public Open House** will be held:

**Wednesday, June 27, 2012  
5 p.m. – 8 p.m.**

**Committee Room 2A & 2B  
City of Niagara Falls  
4310 Queen Street  
Niagara Falls, ON L2E 6X5**

**What is the Purpose and Effect of the Proposed Gateway Community Improvement Plan?**

The purpose of preparing a Gateway Community Improvement Plan (CIP) for the Niagara Gateway Economic Zone and Centre is to provide a comprehensive framework for the introduction and implementation of financial incentive programs; and municipal leadership actions designed to help accomplish the goals identified in the Province's Growth Plan, and the Niagara Gateway Economic Zone and Centre Final Report for the employment lands within the Niagara Gateway Economic Zone and Centre. The Community Improvement Plan is intended to be complementary to the policies within the proposed Regional Policy Plan Amendment for Niagara's Gateway Economic Zone and Centre in order to support economic development and job creation.

The Proposed Gateway Economic Zone generally comprises employment lands within the municipalities of Niagara Falls, Port Colborne, Thorold, Welland, and Fort Erie, and the Gateway Economic Centre comprises employment lands within the municipalities of Port Colborne, Welland and Thorold.

**Have Your Say**

Public input on this proposal is welcomed and encouraged. The Open House is being held to obtain your view. You can provide your input by attending the Open House where comment sheets will be made available. Representatives from the Region, their consultants and the respective local municipality will be present to answer questions and discuss the next steps in the Gateway Community Improvement Plan.

**Next Steps**

It is the intent that following this Open House that Regional Council would be asked to consider endorsement of a Community Improvement Plan that would be circulated to each of the five local municipalities. Each of the five local municipalities (Cities of Niagara Falls, Port Colborne, Thorold and Welland, and the Town of Fort Erie) would present a common or similar CIP to their Council for consideration consistent with Planning Act and/or local Official Plan requirements, which would involve the holding of a mandatory public meeting. Details of the proposed CIP can be found at <http://www.niagararegion.ca/government/committees/economic-zone-minutes.aspx>.

If you have any questions or concerns please contact: **Kirk Weaver, Director, Community and Corporate Planning**, Integrated Community Planning Department at: 905-685-4225 ext. 3727 or [kirk.weaver@niagararegion.ca](mailto:kirk.weaver@niagararegion.ca).

If you require any accommodations for a disability in order to attend and participate in the Open House, please contact the Accessibility Advisory Co-ordinator at 905-685-4225 ext. 3252, as soon as possible, or [accessibility@niagararegion.ca](mailto:accessibility@niagararegion.ca) to make the appropriate arrangements.

**Niagara Region**

[www.niagararegion.ca](http://www.niagararegion.ca)

CULTURAL CAPITAL  
CAPITAL CULTURELLE  
/ CANADA / LE CANADA **2012**

f/niagararegion @niagararegion

■ **HISTORY:** Practising the right to conscientious objection to war

# Churches promoted peace during War of 1812

LINDSAY COSTELLO  
For InPort News

**PORT COLBORNE** — Peaceful practices of the past were highlighted recently as those opposed to the War of 1812 were celebrated.

Brethren in Christ, Mennonite and Quaker churches erected a series of Sunday to be dedicated on Sunday at various locations throughout the region in recognition of the churches' conscientious objection to

war. About 30 people gathered on Sunday, June 10 for a worship service at the archival building on the grounds of the Port Colborne Marine and Historical Museum prior to the dedication.

Niagara Quaker meeting clerk Rob Nunn read the plaque's text, which outlines events that unfolded as a result of the peace testimony to reject war and practice nonviolence.

The government of

Upper Canada recognized the peace churches' right to conscientious objection to war in 1793 and many Quakers refused to serve in or provide material support to the War of 1812 as a result.

"The plaque is just one more way of expressing that peace is known to us," said Don Alexander of the Niagara Peninsula Quaker meeting.

see PEACE | page 17



## SPOTLIGHT on service



**Urge to Purge**

*A Decluttering Company*

**MAXIMIZE SPACE & ELIMINATE CLUTTER**

*Call Today For A Free Consultation*

**905-327-6650**

mark@urgetopurge.ca • www.urgetopurge.ca



92 Charlotte Street  
Port Colborne

## Employment Services

- Full Service Employment Centre for Job Seekers
- Explore Career and Training Options
- Employer / Hiring Supports and Incentives



This Employment Ontario service is funded in part by the Government of Canada

**905-834-3629**

**www.portcares.on.ca**

**When the electricity fails...  
How will you be  
AFFECTED?**

**Custom Designed Stand-by Power  
Installations to Suit Your Needs**

**Cornell Feenstra Electric Ltd.**

All Types of Electrical Installation

Pole Line Installation & Aerial Bucket Truck Service  
Call: 905-899-2373 • Fax: 905-899-2383



**NIAGARA  
MOTORCYCLE  
RACEWAY**

**ROSE FESTIVAL NIGHT AT THE RACES**

**June 23 Starts 7:00 pm**

Full Program • Sponsored By

**St. Catharines Motorcycle Center & Dunn Rite Aluminum**

603 NETHERBY ROAD, Welland (East of Highway 140) for more information:

Wes - 905-835-2754 Race Day - 905-734-7058

email: wes@nmc.ca • www.wellandmotorcycleclub.com



**TEMPERATURES ARE  
RISING!**

**CALL FOR A FREE ESTIMATE  
ON FURNACE  
AIR CONDITIONING PACKAGES**

**WE SERVICE ALL MAKES & MODELS!**

**Heating & Air Conditioning  
Residential - Commercial**

**BOB REID 905-892-7787**

Call and Ask  
About Rebates  
on your  
FINANCIAL  
OWNED  
AND  
OPERATED

## OCCUPY THIS SPACE

**For Only \$20<sup>00</sup>  
Per Week**

**Based on 13 Weeks**

**Call 905-732-2414 x.458**



■ **PEACE:** Carrying message forward

# Niagara area drew conscientious objectors to war

FROM PAGE 16

Located near the southwest corner of the museum grounds, the plaque text includes a 1693 quote from Quaker William Penn: "A

good end cannot sanctify evil means; nor must we ever do evil, that good may come of it.... Let us then try what love will do."

"I think it's an important part of our history," Alexander

said, stating peace-seeking and peace-practicing settlers were drawn to the Niagara area because of the number of people here who believed in conscientious objection to war.

Don Woodside of the Hamilton Quaker Meeting said commemorating the peace practices is important because it is an aspect of war that can be easily lost among the celebration of the battles.

While the dedications coincide with the 1812 bicentennial and highlight a movement from the past, Woodside said the message on the plaques is one that can be carried forward.

"In order to have peace, you have to make peace," he said.

Additional peace plaques were dedicated on Sunday and can be found in Bertie, Vineland and St. Catharines.

## Home & Garden

Keep The Numbers of These Locally Owned Businesses for All of Your Service and Shopping Needs!

### HACHEY'S ROOFING

No Job Too Big or Too Small

QUALITY WORK • FULLY INSURED • CERTIFIED COMPANY

• Shingles • Repairs • Year Round Service • Work Guaranteed

50 YEAR NON PRO-RATED WARRANTY AVAILABLE

Call CLAUDE  
P. (905) 735-2310  
C. (905) 650-2310

www.hacheysroofing.com

FREE ESTIMATES  
Over 25 Years Experience

Member of the BBB

### 20% Off All Pool Accessories

15% Instant Rebate on Liner Replacements

\*\*\* Limited Time Only \*\*\*

### LAGOONA Pools & Concrete Inc.

Design and install in-ground Pools • Pool Openings and Closings • Pool Maintenance • Concrete Driveways, Patios and Sidewalks

CALL TODAY!

905 658 8268

www.lagoonapools.ca

905 380 5082

TOP QUALITY WORK AT REASONABLE PRICES

## HACHEY'S ROOFING

**NO JOB TOO BIG OR TOO SMALL**

- Shingles • Repairs • Year Round Service • Certified Installers
- ALL WORK GUARANTEED • FULLY INSURED • CERTIFIED
- EXTENDED WARRANTIES AVAILABLE

**50 YEAR NON PRO-RATED WARRANTY AVAILABLE**

Call Claude For A Free Estimate & Inspection  
**905-735-2310**  
Cell 905-650-2310  
**www.hacheysroofing.com**  
OVER 25 YEARS EXPERIENCE  
Member of the BBB



### John Warden Home Improvements

Quality Work @ Fair Prices

- Basement, Bath & Kitchen Renovations Big and Small
- Hardwood Flooring
- Ceramics
- Laminates
- Painting
- Creative Decks & Fencing

jwarden58@gmail.com  
Cell: 905-399-2890

**Niagara Region**  
**289-820-5421**  
Fully Insured

### Give Your Home a Breath of Fresh Air

Improve the look, value and comfort of your home with energy-efficient replacement windows.

We offer a variety of design options and unparalleled value.

- Windows • Doors
- Siding • Expert Installation



Schedule an In-Home Consultation and Estimate Today!



**James A. Fleming**

(905) 835-8062

To Advertise Here

Call: **905-732-2414** Ext.458

**THE TRIBUNE**

MAKING A DIFFERENCE...DAILY



■ **PORT COLBORNE BIA:** Two-hour unenforced limit recommended for lakeside city's core

# Pitch made for free downtown parking

MARYANNE FIRTH  
InPort News Staff

**PORT COLBORNE** — The Downtown Business Improvement Association believes free parking is key to drawing customers into the heart of Port Colborne.

Board representatives appeared before city council Monday, June 11 to share the BIA's stance.

City staff brought forward a report in January that outlined a plan to replace Port Colborne's old mechanical parking meters with digital meters and pay-and-display machines. The item was deferred to allow further discussions between the BIA and the city.

A second report will come forward next month including further recommendations and all input received from the public.

To further investigate options, the BIA formed a parking committee and conducted discussions with its membership to gain consensus. Discussions were also had with other Ontario BIAs that have seen both free parking and pay-and-display machines imple-



Mayne

mented in their downtowns. Port Colborne's Downtown BIA wants to ultimately see parking meters removed and two hours of courtesy parking put in place instead, said parking committee chair Mike Hopper.

The group proposed a one-year trial run that would see downtown meters bagged with a message about the complimentary parking.

"This will allow customers to relax as they shop without worrying about the parking meters," Hopper told council. It will help "create a pleasing and welcoming atmosphere for customers" to encourage them to shop downtown, he added.

The BIA has also recom-

mended that busy corner spaces be designated with a 15-minute time limit to encourage quick turnover.

As for enforcement, handicapped spaces and fire routes will be "stringently enforced," but parking enforcement would otherwise be done on a complaint-only basis, Hopper said.

Merchants, he said, will "self-monitor" parking to ensure traffic flow continues.

If shoppers are downtown and they exceed allotted two hours, merchants won't mind because "we want people in town spending money," Hopper said. If there are long-time viola-

tors, a "friendly note" can be put on their car to encourage them to use one of the long-term parking lots the next time they're in town, he added.

The BIA has recommended increasing parking fines to discourage frequent violators — many of who Hopper said are downtown employees and tenants — and to assist with revenue lost with the decommissioning of the meters.

The city's current expired meter parking fine is \$10 — \$8 if paid before a specified date. The BIA would like to see that amount increase to \$20 or \$30.

While the BIA does not have hard evidence of how

paid parking affects businesses downtown, it has "lots of anecdotal evidence" heard from business owners and customers in the city's core, said BIA board member Gary Talosi.

BIA member Mickey Mayne, who also gave a presentation Monday night, did not agree with all of the group's recommendations. Instead, she hopes to see metered parking continue in the city.

Two hours of courtesy parking is "very difficult to enforce" and more time consuming to enforce than the traditional meter method, Mayne said.

see **METERS** | page 19



## mac | outpost

ST. CATHARINES

### Grand Opening Saturday June 23

Come check out our new location.

product demos, special prices, giveaways and more surprises in store.

- The New iPad
- iMac
- MacBook Pro
- MacBook Air
- Mac Pro
- Mac TV



Win an iPodtouch!



10 A.M. - 4 P.M.



**www.mac-outpost.com**  
Your Place for Everything MAC in Niagara



Authorized  
Reseller

Authorized  
Service Provider

905-682-0377

353 Lake Street, Unit #14, St. Catharines ON L2N 4H5

■ **METERS:** Avoiding confusion

# 'Keep parking fair, simple and consistent'

FROM PAGE 18

Merchants shouldn't make the call, she added, on who can and cannot park in a space for extended periods of time.

"You can't choose between who does and doesn't get

a ticket. It doesn't work that way," she said, adding there's no way to truly identify who is downtown to shop or downtown for other purposes.

That method can cause confusion, while parking meters are "non-judgmental

and universally understood."

"I'm asking you to keep parking fair, simple and consistent," Mayne told council.

She also asked councillors to consider the revenue generated by paid parking.

In 2011, the city generated \$30,160 through park-

ing enforcement, including \$21,430 for meter collection and \$8,750 for parking fine collection.

Enforcement for the entire city costs \$26,000.

"Though it appears revenue-neutral, it's revenue-generating because it pays for

parking enforcement through the entire city," Mayne said.

Both presentations were accepted for information by council and will be included in next month's report.

maryanne.firth@sunmedia.ca  
Twitter: @mfirthTribune

**You can't choose between who does and doesn't get a ticket. It doesn't work that way."**

Mickey Mayne



## Visit your **Local Merchants**

### **DENNIS O'REILLY CONTRACTING AND CARPENTRY**

**Look no further to get professional results**

- Remodeling the Niagara Region for the past decade
- Dedicated to providing the finest quality of service and materials for your dollar
- Written warranties

**Always a fast, friendly and FREE estimate**

"Don't settle on part time service"

**Ph: 905-894-8599**



## **Port Colborne Landscaping**

Since 1974  
Lawn & Bedding Design,  
Sodding, Rolling, Aerating,  
Cutting, General Lawn &  
Garden Maintenance

Bill Cohoe  
731 Sugarloaf St. Port Colborne

**905-835-8266**





# Sign Up to WIN



IN GAS CARDS THIS  
**SUMMER**



\$50 Gas Cards will be given away  
as consolation prizes (10 cards)

\* **SIGN UP NOW** TO GET A KEY THAT  
COULD WIN YOU **1 OF 20** GAS GIFT  
CARDS, VALUED AT **\$100 EACH**.

Scan this QR code or go to  
[promo.stealtheddeal.com/contests](http://promo.stealtheddeal.com/contests)





## classifiedextra.ca

Canada's largest and most trusted  
print and online classifieds network

Place it on classifiedextra.ca

Phone: 1-866-541-6757

Fax: 1-866-485-8461

Online: inportnews.classifiedextra.ca Email: placeit@classifiedextra.ca

Apartments  
Unfurnished

A610

General  
Employment

A610

## 1 Churchill Avenue Residence

- Brand New Apartments for Seniors (Individuals 55 years and older)
- Spacious new apartments
- Large 1 & 2 bedrooms
- Starting at \$850 including utilities
- Free utilities and parking
- Laundry and storage facilities
- Steps to buses, shopping and hospital
- Green views and parks across the street
- Wheelchair friendly
- 2 brand new appliances
- 2 story building with elevator
- Quiet Senior Building
- Community garden

Opening June 2012

Call Mary at 905-685-6993 or  
email mary\_goodwill@yahoo.ca  
for information and open house schedule.  
Now accepting applications.

A610

A610

## PROOF IT PAYS TO READ THE SUN.

CARRIERS WANTED  
Daily Delivery CALL NOW!

## AREAS REQUIRED

St. Catharines, Welland, Niagara Falls  
and Surrounding Communities

## CONTACT

GPS Distribution

## TELEPHONE

905-664-7933

Early morning delivery - Must have reliable car

SUN MEDIA  
A Quebecor Media Company

A600

Apartments  
Unfurnished

A610

## ✓ Check THIS out!

1, 3 BDRM & Bachelor  
apts. All inclusive. Town  
A Country apt. Avail  
July 1st. (905)734-1242

## NEW AD

for 2 BDRM on 3rd floor of  
Historic building  
with lots of character.  
Parking, AC, new  
market square, \$550/  
incl. Available now.  
Dome 905-732-4792

2-2 BDRM Apts  
\$750/\$800 all incl.  
Close to Lincoln St.  
Mtl. Secure Entrance.  
905-634-9624

## CHECK IT OUT

2 & 3 BDRM Newly  
renov'd. Stone, brick &  
hardwood floors. \$695.  
Call Fred from \$695.  
905-324-3166

## Sell it

in the classifieds  
1-866-541-6757

2 BACHELOR apt on  
1st floor, 332 Wallace  
apartment complex all bills  
paid, 1st/2nd required.  
No pets. Call after  
person. Call after  
3:30 pm 905-732-4867

2 BDRM, 700 sq ft bldg.  
Fridge, stove, quiet  
area, Welland. July  
1st. 905-737-9028

2 BDRM floor apt  
quiet neighbourhood.  
Welland. Fridge-stove  
all utilities incl. no  
sundry \$795/mo.  
called req'd. July 1st.  
905-905-9425

2 BDRM, Port. Near  
downtown, Catherine St.  
quiet secure bldg w/gly  
bath. Reno'd. \$725  
+ utilities. Call (905)736-  
4632

## Location!

3 BDRMS. Spacious &  
quiet mature living.  
Balcones laundry,  
security entrance,  
close to Maple park,  
bus stop, shopping.  
570 CLARE AVE  
Call 905-735-5116

BUSINESS & SERVICE  
DIRECTORY

Rubbish/ Junk/Waste

WEE HAUL YOUR JUNK

905-892-3111

1-855-905-3111

Home Improvement

Brick/Concrete

CEMENT WORK

CARMEN GAROFALO

No job too small

Driveways, Patios,

Sidewalks, Porches,

Steps &amp; Paving

905-952-4435 or

288-271-8151

Don't Sweat It!

Find it all here

in your Classified!

Professional Services

Business/ Franchise Opps

ATTENTION READERS

classifiedextra.ca

strongly urges readers

to investigate potential

BUSINESS and FRANCHISE

Opportunities before

sending money in

response to any

advertisements.

Renovations

Ravenna Homes Renovations

&amp; Custom Homes

Take advantage of our

professional trades people superior expert

service at affordable prices

Call Donovan at

905-401-9225 for a FREE quote

Sell it right here!

General  
Employment

A600

Wanted  
to Buy

A620

## CHILL NOW

**SECURITY GUARDS**  
We require responsible persons for full  
time employment in the Welland, Port  
Colborne areas. Must have computer  
skills and be able to multi task.  
Transportation required, must have valid  
Ontario Security Guard License. Pay  
rates to \$13.60 per hour available for  
qualified individuals.

PENINSULA SECURITY  
SERVICES LTD.

32 Niagara Street, Welland L3C 1H9

Fax 905-732-1437

Email info@peninsulasecurity.ca

or call 905-732-2337 for more information

TOP Dollar for GOLD, TV's, Stereo's, Laptops and more!

Money against your car, Money against your car, Money against your car.

Cash Dept. 220 King St. Welland, 905-738-3000

TOP Dollar for GOLD, TV's, Stereo's, Laptops and more!

Money against your car, Money against your car, Money against your car.

Cash Dept. 220 King St. Welland, 905-738-3000

TOP Dollar for GOLD, TV's, Stereo's, Laptops and more!

Money against your car, Money against your car, Money against your car.

Cash Dept. 220 King St. Welland, 905-738-3000

TOP Dollar for GOLD, TV's, Stereo's, Laptops and more!

Money against your car, Money against your car, Money against your car.

Cash Dept. 220 King St. Welland, 905-738-3000

TOP Dollar for GOLD, TV's, Stereo's, Laptops and more!

Money against your car, Money against your car, Money against your car.

Cash Dept. 220 King St. Welland, 905-738-3000

TOP Dollar for GOLD, TV's, Stereo's, Laptops and more!

Money against your car, Money against your car, Money against your car.

Cash Dept. 220 King St. Welland, 905-738-3000

TOP Dollar for GOLD, TV's, Stereo's, Laptops and more!

Money against your car, Money against your car, Money against your car.

Cash Dept. 220 King St. Welland, 905-738-3000

TOP Dollar for GOLD, TV's, Stereo's, Laptops and more!

Money against your car, Money against your car, Money against your car.

Cash Dept. 220 King St. Welland, 905-738-3000

TOP Dollar for GOLD, TV's, Stereo's, Laptops and more!

Money against your car, Money against your car, Money against your car.

Cash Dept. 220 King St. Welland, 905-738-3000

TOP Dollar for GOLD, TV's, Stereo's, Laptops and more!

Money against your car, Money against your car, Money against your car.

Cash Dept. 220 King St. Welland, 905-738-3000

TOP Dollar for GOLD, TV's, Stereo's, Laptops and more!

Money against your car, Money against your car, Money against your car.

Cash Dept. 220 King St. Welland, 905-738-3000

TOP Dollar for GOLD, TV's, Stereo's, Laptops and more!

Money against your car, Money against your car, Money against your car.

Cash Dept. 220 King St. Welland, 905-738-3000

TOP Dollar for GOLD, TV's, Stereo's, Laptops and more!

Money against your car, Money against your car, Money against your car.

Cash Dept. 220 King St. Welland, 905-738-3000

TOP Dollar for GOLD, TV's, Stereo's, Laptops and more!

Money against your car, Money against your car, Money against your car.

Cash Dept. 220 King St. Welland, 905-738-3000

TOP Dollar for GOLD, TV's, Stereo's, Laptops and more!

Money against your car, Money against your car, Money against your car.

Cash Dept. 220 King St. Welland, 905-738-3000

TOP Dollar for GOLD, TV's, Stereo's, Laptops and more!

Money against your car, Money against your car, Money against your car.

Cash Dept. 220 King St. Welland, 905-738-3000

TOP Dollar for GOLD, TV's, Stereo's, Laptops and more!

Money against your car, Money against your car, Money against your car.

Cash Dept. 220 King St. Welland, 905-738-3000

TOP Dollar for GOLD, TV's, Stereo's, Laptops and more!

Money against your car, Money against your car, Money against your car.

Cash Dept. 220 King St. Welland, 905-738-3000

TOP Dollar for GOLD, TV's, Stereo's, Laptops and more!

Money against your car, Money against your car, Money against your car.

Cash Dept. 220 King St. Welland, 905-738-3000

TOP Dollar for GOLD, TV's, Stereo's, Laptops and more!

Money against your car, Money against your car, Money against your car.

Cash Dept. 220 King St. Welland, 905-738-3000

TOP Dollar for GOLD, TV's, Stereo's, Laptops and more!

Money against your car, Money against your car, Money against your car.

Cash Dept. 220 King St. Welland, 905-738-3000

TOP Dollar for GOLD, TV's, Stereo's, Laptops and more!

Money against your car, Money against your car, Money against your car.

Cash Dept. 220 King St. Welland, 905-738-3000

TOP Dollar for GOLD, TV's, Stereo's, Laptops and more!

Money against your car, Money against your car, Money against your car.

Cash Dept. 220 King St. Welland, 905-738-3000

TOP Dollar for GOLD, TV's, Stereo's, Laptops and more!

Money against your car, Money against your car, Money against your car.

Cash Dept. 220 King St. Welland, 905-738-3000

TOP Dollar for GOLD, TV's, Stereo's, Laptops and more!

Money against your car, Money against your car, Money against your car.

Cash Dept. 220 King St. Welland, 905-738-3000

TOP Dollar for GOLD, TV's, Stereo's, Laptops and more!

Money against your car, Money against your car, Money against your car.

Cash Dept. 220 King St. Welland, 905-738-3000

TOP Dollar for GOLD, TV's, Stereo's, Laptops and more!

Money against your car, Money against your car, Money against your car.

Cash Dept. 220 King St. Welland, 905-738-3000

TOP Dollar for GOLD, TV's, Stereo's, Laptops and more!

Money against your car, Money against your car, Money against your car.

Cash Dept. 220 King St. Welland, 905-738-3000

TOP Dollar for GOLD, TV's, Stereo's, Laptops and more!

Money against your car, Money against your car, Money against your car.

Cash Dept. 220 King St. Welland, 905-738-3000

TOP Dollar for GOLD, TV's, Stereo's, Laptops and more!

Money against your car, Money against your car, Money against your car.

Cash Dept. 220 King St. Welland, 905-738-3000

TOP Dollar for GOLD, TV's, Stereo's, Laptops and more!

Money against your car, Money against your car, Money against your car.

Cash Dept. 220 King St. Welland, 905-738-3000

TOP Dollar for GOLD, TV's, Stereo's, Laptops and more!

Money against your car, Money against your car, Money against your car.

Cash Dept. 220 King St. Welland, 905-738-3000

TOP Dollar for GOLD, TV's, Stereo's, Laptops and more!

Money against your car, Money against your car, Money against your car.

Cash Dept. 220 King St. Welland, 905-738-3000

TOP Dollar for GOLD, TV's, Stereo's, Laptops and more!

Money against your car, Money against your car, Money against your car.

Cash Dept. 220 King St. Welland, 905-738-3000

TOP Dollar for GOLD, TV's, Stereo's, Laptops and more!

Money against your car, Money against your car, Money against your car.

Cash Dept. 220 King St. Welland, 905-738-3000

TOP Dollar for GOLD, TV's, Stereo's, Laptops and more!

Money against your car, Money against your car, Money against your car.

Cash Dept. 220 King St. Welland, 905-738-3000

TOP Dollar for GOLD, TV's, Stereo's, Laptops and more!

Money against your car, Money against your car, Money against your car.

Cash Dept. 220 King St. Welland, 905-738-3000

TOP Dollar for GOLD, TV's, Stereo's, Laptops and more!

Money against your car, Money against your car, Money against your car.

Cash Dept. 220 King St. Welland, 905-738-3000

TOP Dollar for GOLD, TV's, Stereo's, Laptops and more!

Money against your car, Money against your car, Money against your car.

Cash Dept. 220 King St. Welland, 905-738-3000

TOP Dollar for GOLD, TV's, Stereo's, Laptops and more!

Money against your car, Money against your car, Money against your car.

Cash Dept. 220 King St. Welland, 905-738-3000

TOP Dollar for GOLD, TV's, Stereo's, Laptops and more!

Money against your car, Money against your car, Money against your car.

Cash Dept. 220 King St. Welland, 905-738-3000

TOP Dollar for GOLD, TV's, Stereo's, Laptops and more!

Money against your car, Money against your car, Money against your car.

Cash Dept. 220 King St. Welland, 905-738-3000

TOP Dollar for GOLD, TV's, Stereo's, Laptops and more!

Money against your car, Money against your car, Money against your car.

Cash Dept. 220 King St. Welland, 905-738-3000

TOP Dollar for GOLD, TV's, Stereo's, Laptops and more!

Money against your car, Money against your car, Money against your car.

Cash Dept. 220 King St. Welland, 905-738-3000

TOP Dollar for GOLD, TV's, Stereo's, Laptops and more!

Money against your car, Money against your car, Money against your car.

Cash Dept. 220 King St. Welland, 905-738-3000

TOP Dollar for GOLD, TV's, Stereo's, Laptops and more!

Money against your car, Money against your car, Money against your car.

Cash Dept. 220 King St. Welland, 905-738-3000

TOP Dollar for GOLD, TV's, Stereo's, Laptops and more!

Money against your car, Money against your car, Money against your car.

Cash Dept. 220 King St. Welland, 905-738-3000

TOP Dollar for GOLD, TV's, Stereo's, Laptops and more!

Money against your car, Money against your car, Money against your car.

Cash Dept. 220 King St. Welland, 905-738-3000

TOP Dollar for GOLD, TV's, Stereo's, Laptops and more!

Money against your car, Money against your car, Money against your car.

Cash Dept. 220 King St. Welland, 905-738-3000

TOP Dollar for GOLD, TV's, Stereo's, Laptops and more!

Money against your car, Money against your car, Money against your car.

Cash Dept. 220 King St. Welland, 905-738-3000

TOP Dollar for GOLD, TV's, Stereo's, Laptops and more!

Money against your car, Money against your car, Money against your car.

Cash Dept. 220 King St. Welland, 905-738-3000

TOP Dollar for GOLD, TV's, Stereo's, Laptops and more!

Money against your car, Money against your car, Money against your car.

Cash Dept. 220 King St. Welland, 905-738-3000

TOP Dollar for GOLD, TV's, Stereo's, Laptops and more!

Money against your car, Money against your car, Money against your car.

Cash Dept. 220 King St. Welland, 905-738-3000

TOP Dollar for GOLD, TV's, Stereo's, Laptops and more!

Money against your car, Money against your car, Money against your car.

Cash Dept. 220 King St. Welland, 905-738-3000





# The Healthy Cupboard

## LeafSource

STOPS PAIN WITHIN DAYS

**"It works! I'll take another two bottles please!"**

This coming from a customer who had tried every other natural remedy under the sun in the past few weeks to take away her pain, Ian, the owner of The Healthy Cupboard couldn't believe his ears. He had finally found the perfect product to get his customer's miseries.

This is what every owner of a health food store dreams about, a natural product that receives so many outstanding testimonials on such a wide variety of health issues. I had recommended a new product called LeafSource, which we recently started carrying. We have had tremendous success with this product, and almost everyone who we have recommended it to over the last few months has come back and thanked us over and over again," said Ian. Before trying LeafSource, the woman had complained about her ongoing joint pain and was at her wit's end. Although she had experienced some relief through the numerous natural remedies she had tried over the years, the pain would never fully go away. "She returned to my store, in tears, less than one week after buying LeafSource. I didn't know what to make of this woman standing in front of me crying, until she told me that within a few days of taking LeafSource her pain started to disappear and within a week it was completely gone - as if it was never there," Ian goes on. "This coming from a woman whose painful joints and ongoing sciatica were so bad just one week earlier, that the pain was unbearable but now has completely subsided."

By now you are probably wondering what is LeafSource and why is it so effective? LeafSource is a 100% natural product derived from a proprietary organic mineral composite with over ten years of university research. LeafSource helps regulate the inflammatory process and the body's ability to repair itself. The vast majority (70 - 80%) of the population over the age of 50 have joint problems often called osteoarthritis. This is due to the natural (or unnatural) wear and tear on joint tissue that develops through the aging process. With joint inflammation, movement is limited and pain can be constant. LeafSource seems to have the ability to help people get their mobility and zest for life back. Millions of people seek treatment for their joint and inflammation problems by resorting to expensive, toxic prescription drugs (i.e. NSAIDs) with multiple side effects. These range from nausea and vomiting to serious intestinal disorders (bleeding, gas, pain) and even kidney and liver failure. Isn't that too large a price to pay for a little pain relief? LeafSource is a safe alternative to these destructive anti-inflammatory drugs that cause more problems than they solve. There are absolutely no side effects and it doesn't interfere with any other medications. Controlled experiments and observations have revealed that LeafSource is a potent anti-inflammatory that has been shown to bring a reduction to inflammation and pain within a few days.

People notice great results in terms of more energy and less pain by taking anywhere from 2 to 4 capsules daily. Typical maintenance is usually 1 capsule twice daily. This product gets more LeafSource is scientifically validated through more

than 10 years of research at 4 universities, including the Department of Pharmaceutical Sciences, Mercer University. Aside from its incredible anti-inflammatory and pain reducing ability, it has also been shown to improve the performance of your daily nutrition and vitamin programs. It helps increase the absorption of vital nutrients, which in turn helps these nutrients work better. Better absorption = better results! It's almost as if they have become supercharged! LeafSource has also been shown to help enhance energy levels, improve intestinal health, strengthen hair, skin and nails and improve immune function. To see someone go from intense pain to a new lease on life within a week is truly incredible. Imagine being able to move freely without pain. Who wouldn't want to get out of bed in the morning with more energy? It's amazing how much of this stuff we take for granted, until it's gone! Ian adds, "I often recommend that LeafSource be taken with other natural joint products in order to help them work better and provide even faster relief. One of the things I hear most often from people who have tried LeafSource is they just plain feel better, have more energy and less pain. We're so confident, we guarantee LeafSource 100%! That alone should be enough to try this incredible product."

**BONUS SIZE 50'S**  
while supplies last

100% Organic 100% Vegan

**LeafSource**  
Nature's Health Enhancer  
"A powerful natural source of bioactive minerals and health essential nutrients to support healthy joints, tissues & bones"  
100 Capsules

**LeafSource**  
LOSE THE PAIN  
**\$300 OFF**  
The Healthy Cupboard  
805-08-1025

WITH COUPON EXPIRES JUNE 30, 2012

**Tanya and Ian Birrell**  
Owners of  
The Healthy Cupboard

**NEW WEBSITE**

**TWO LOCATIONS!**

## PORT COLBORNE

101 CLARENCE STREET  
(across from Food Basics)

905 835.9806

The Healthy Cupboard

## FONTHILL

111 #20 EAST  
(across from Sobeys)

905 892.9054

**Healthy Options**  
2012 Reader's Choice Winner  
Best Health Food Store

**MYO.MED.**

"It's going to ease a lot of PAIN"

**LIVE PAIN FREE WITH MYO-MED**

- Arthritis
- Tendinitis
- Muscle strain
- Back pain

**MYO.MED.**  
**30Z TUBE**

**HOT PRICE!**  
2 for  
**\$39.99**

Expires June 30, 2012

**MYO.MED.**  
**16oz PUMP**

**\$10.00 OFF**

Expires June 30, 2012

**Below Products As Seen on the Dr. Oz Show**

**Genetics Today**

**Pure Green Coffee Bean Extract**

**HOT PRICE!**  
29¢ per capsule  
2. **\$49.99**



### HELPS SUPPORT

- Weight Control\*
- Healthy Blood Pressure Levels\*
- Cardiovascular Function\*
- Antioxidant\*
- Healthy Blood Sugar Levels\*
- And More!

### DESCRIPTION

Pure Green Coffee Bean Extract of 50% Chlorogenic Acid. As Seen on Dr. Oz w/ Dr. Lindsay Parns. Green Coffee Bean Extract Supplement. This Pure Green Coffee Bean Extract supplement supplies 400mg per capsule. Dr. Oz's recommendation is 800mg per day (five 400mg capsules) before a big meal.



**Raspberry Tones**

**HOT PRICE!**  
Only \$29.99 or buy 2 for \$49.99

- ✓ Easy Results
- ✓ Safe & Proven
- ✓ Lose Those Stubborn Pounds

**Get All the Benefits of RASPBERRY KETONES and AFRICAN MANGO Combined!**

**What The Media Is Saying**

**RASPBERRY KETONE**  
DR. OZ  
"Raspberry Ketones actually help to tone the fat up before the cell so it can get used to burning...it's not dangerous...it's the healthiest!"

**AFRICAN MANGO**  
DR. OZ  
"These studies indicate that African Mango, used by its official name (Garcinia Cambogia), acts like a potent fat-burner. It's highly effective at regulating fat metabolism and helping burn fat off the body. Take 500mg, twice daily before meals."

**Two Amazing Natural Ingredients**

**RASPBERRY KETONE**  
Raspberry Ketone is a unique compound that produces a fat-burning effect. Research shows it's been found that raspberry ketones can help with weight management. Because ketones can help to increase the metabolism, it's increasing the body's metabolism and it is also burning the body's existing adipose.

**AFRICAN MANGO**  
Studies have shown that having African Mango supplement can help to reduce appetite, burn fat, increase energy, and only require the efficiency of the human body. All of these properties make it a significant weight loss weight and weight management aid.

## PORT COLBORNE

101 CLARENCE STREET  
(across from Food Basics)

905 835.9806

The Healthy Cupboard

## FONTHILL

111 #20 EAST  
(across from Sobeys)

905 892.9054

**www.thehealthycupboard.ca • thehealthycupboard@gmail.com**